



# SIGN OF THE TIMES

Confused at a turning point in her life and career, Ruby Warrington travelled to New Mexico to seek enlightenment – of the astrological kind

**B**eneath a giant black sky, illuminated by the gauzy light of what I am told is an Aquarius full moon, waves crash onto the beach in Tulum, Mexico. Eighteen of us have gathered from around the world to meet tonight. This date, of course, has been chosen with meticulous care by our hosts Tali and Ophira Edut, aka The AstroTwins, because in astrology, Aquarius is the sign that rules groups, awakenings and new ideas.

I've always been fascinated by astrology. Less as a way to 'predict' future events, more as a tool for thinking about what might make me – and the world around me – tick. So the prospect of travelling to beautiful Tulum (which is

rapidly gaining a reputation in certain spiritually-minded circles as an alternative, more understated Ibiza) to study the ancient art of the charts was my idea of heaven.

Auspicious astrological aspects aside, the retreat had come at the perfect time for me, too. A move to New York from London, and from a full-time, all-consuming job on a glossy Sunday supplement to launching my own online magazine had opened a window for new friends and new interests. It had been a period of intensified soul-searching. At the age of 37, I had found myself questioning my place in the world, where to go from here and what might be holding me back. Maybe I'd find some answers in my chart. >>>

Tulum beach, Mexico, where the AstroTwins Tali and Ophira hold their retreats



Ruby (left) stayed at the Shambala Petit Hotel on Mexico's Caribbean coast for the week-long retreat



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>>> Our accommodation for the week is the Shambala Petit Hotel, a collection of white cabanas on the south beach of Tulum— a pristine stretch of sand along the Caribbean coast of Mexico’s Yucatán Peninsula. Stepping into the sunshine each morning – there is only blinding sand and sky – is an instant tonic for the skyscrapers and hectic pace of the life I’ve left behind in New York. Rooming in twos, we also have the run of the place; it soon feels like our private hideaway. Meals (mainly vegetarian, with local, organic ingredients) are at 8am, noon and 6pm, with a two-hour astrology lesson after breakfast each day, leaving a lot of time for homework (or in this case, ‘beachwork’) as well as exploring the area.

in a light, airy room, with floor-to-ceiling views onto the beach, first we learn about what the Twins call the ‘three-part-puzzle’ for each planet in our own charts. What are the different ways to interpret the fact that my moon (my ‘emotional body’) is in Cancer (representing the mother, security and subconscious) in the eighth house (inheritance, secrets and transcendence)? As you can guess, in certain areas things can quickly get quite deep, and as the easiest way to learn is to *ask...* by lesson two, we’ve all made some deeply personal revelations.

One thing I’ve always loved about astrology is that as a tool for analysis, it allows for what feels like a healthy degree of separation. I put this to Ophira, who nods as she summarises it. ‘Once you know what I call your “factory settings”, you automatically become the observer, which is what’s required to become a conscious person. A chart gives you the ability to step back and really look at yourself,’ she says.

The twins themselves have a refreshingly grounded and practical approach to astrology – ‘Our strapline is “bringing

the stars down to Earth,’” says Tali. They got into it after a college boyfriend of Ophira’s bought a chart for her birthday, ‘and soon we were doing readings for our friends, especially when they were having a romantic crisis.’ But then, ‘as twins, we were born in a relationship. You’re always trying to figure somebody else out, it makes you very “other”-focused.’

### Light and shadow

Enter what turns out to be everybody’s favourite lesson of the week. Entitled ‘How to get along with anybody, even *that* person,’ once we’ve examined the essential make-up of our chart, and how this shapes us as individuals in love and work, it’s time to look at the aspects formed by our planets next to those of the most prominent figures in our lives. For example, looking at the position of love planet Venus in my chart next to my husband Simon’s will signal the ‘romance’ style of our relationship. We actually have Venus ‘conjunct’ (meaning in the same sign), in lovey-dovey Pisces, an aspect that signals

harmony and a blending of ideals. ‘No wonder it was love at first sight with you guys,’ smiles Tali.

A lot of people will tell me they don’t ‘believe’ in astrology. How can the position of distant planets mean anything to us as beings on Earth? But if anything, my week in Tulum confirmed for me that it’s all in the interpretation. As with any form of analysis, you often see what you need to – if you’re prepared to be honest with yourself, and not use the planets to see what you want to see instead. ‘Astrology really doesn’t excuse anything, but it can explain why things are a certain way,’ Ophira says. ‘The point is to understand the light and the shadow of the different aspects in your chart, so you can learn the lesson and evolve.’

Returning to the hustle and bustle of city life, the lessons I learned feel like the beginning of a life-long exploration of astrology and all it has to teach. Now, who wants a reading?

*Ruby Warrington is founder of theuminous.net. The AstroTwins’ next Tulum retreat will take place from 12-19 July. For details, visit [astrostyle.com/tulum](http://astrostyle.com/tulum)*

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